

THE EQUATION OF SUFFERING



Circumstance

Resistance

Suffering

Identify an irritating circumstance... ☐ Sitting in traffic ☐ Feeling ill ☐ Visiting the dentist

☐ Missing a flight ☐ Other

Describe the mind's resistance in the form of its "story of should"...

List the resulting OPTIONAL negative feelings or emotions that typically arise in this circumstance...

The Rippling Effects of Suffering

NEXT How to stop resistance

List three other places in your life where optional suffering is likely negatively affecting your happiness and joy...



Circumstance

Identify an irritating circumstance...

- ☐ Sitting in traffic
- ☐ Feeling ill
- ☐ Visiting the dentist
- ☐ Missing a flight
- Other



Resistance

Describe the mind's resistance in the form of its "story of should"...

This is the MANDATORY
PAIN

Experience #1

Describe the experience when seen <u>from the</u> <u>perspective of</u> the mind's "story of should"...

Which experience would you rather have?



Experience #2

Describe the experience when you "Give Permission" to <u>interrupt the mind's "story of should"</u>...

This is the

OPTIONAL

SUFFERING